Krave Wellness

Canby, MN

Being a nurse, Krystle Drietz has always had a passion for helping others maintain a healthy lifestyle. When a fitness center went up for sale in Canby, she saw the opportunity to do just that.

"I have always wanted to help people improve their health and reach their goals. By providing a place for people to be active, I am able to do that in a unique way."

Krystle went to work updating and renovating the building after she purchased it early 2019. Knowing gyms can feel intimidating to many people, her main focus was to create a welcoming atmosphere for the community.

Krave offers memberships as well as classes for all stages including beginner classes, weight lifting, PiYo, yoga, spin, as well as an exclusive bootcamp workout. Krave offers free classes once a month as a way to get people in the doors and excited about finding a fitness routine.

Owning a business in a smaller community, Krystle has had the benefit of getting to know a lot of her customers, if she didn’t already know them before, which makes it especially rewarding to see them reach their goals.

As for her own future goals for the wellness center:

"I hope it continues to thrive and support the community of Canby. I aim to provide what the community wants out of a fitness center."

The UMVRDC’s Revolving Loan Fund helped Krystle purchase the building for Krave Wellness and do updates. Krystle is also grateful for the help and guidance the program offered along the way.